

COURSE DESCRIPTION

COURSE DETAILS

Title (of the course): **NUTRICIÓN Y DIETÉTICA**

Code: 100006

Degree/Master: **GRADUADO EN ENFERMERÍA**

Year: 1

Name of the module to which it belongs: FORMACIÓN BÁSICA COMÚN

Field: FARMACOLOGÍA, NUTRICIÓN Y DIETÉTICA

Character: BASICA

Duration: SECOND TERM

ECTS Credits: 6.0

Classroom hours: 49

Face-to-face classroom percentage: 32.67%

Study hours: 101

Online platform:

LECTURER INFORMATION

Name: MOLINA RECIO, GUILLERMO (Coordinator)

Department: ENFERMERÍA, FARMACOLOGÍA Y FISIOTERAPIA

Area: ENFERMERÍA

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PREREQUISITES AND RECOMMENDATIONS

Prerequisites established in the study plan

There are no prerequisites other than those established in the degree's curriculum.

Recommendations

Knowledge in Biochemistry and Physiology are welcome.

Besides, scientific attitudes, critical thinking and reflective learning, will help to achieve wanted competencies

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INTENDED LEARNING OUTCOMES

CB1	To possess and understand knowledge in an area of study that is based on general secondary education, and that is usually found at a level that, although supported by advanced textbooks, also includes some aspects that imply knowledge coming from the vanguard of the field of study.
CB2	To know how to apply knowledge to work or vacation in a professional way. To have the skills that are usually demonstrated through the elaboration and defence of arguments and the resolution of problems within their area of study.
CB3	To be able to collect and interpret relevant data (normally within the student's area of study) to make judgements that include a reflection on relevant issues of a social, scientific or ethical nature.
CB4	To be able to transmit information, ideas, problems and solutions to either a specialised audience or an unspecialised one.
CB5	To develop the the skills necessary to undertake further studies with a high degree of autonomy.
CU2	To know and improve the user's level in the field of ICT.
CET5	To design care systems aimed at individuals, families or groups, evaluating their impact and establishing appropriate modifications.
CET6	To base nursing interventions on scientific evidence and on available resources.
CET9	To promote healthy lifestyles, self-care, while sustaining preventive and therapeutic behaviors.
CET14	To establish evaluation mechanisms taking into consideration scientific-technical aspects as well as those of quality.
CEM5	To know and assess the nutritional needs of healthy people, as well as people who suffer from health problems throughout their life cycle, in order to promote and reinforce patterns of healthy eating behaviour. To identify the nutrients and foods in which they are found. To identify the most prevalent nutritional problems and to select the appropriate dietary recommendations.

OBJECTIVES

GENERAL

- Learning the basic principles of nutrition and human nutrition, the assessment of nutritional status and diets designing.
- Understanding the relevance of human nutrition for ensuring and recovering health.

SPECIFIC

- Identify the nutritional value of foods, elaboration process, conservation and assimilation, as well as the possible effects on human health.
- Design diet adapted to characteristics and physiological situation of each individual.
- Provide adequate nutritional guidelines (dietary advice) to prevent the occurrence of food-related illnesses
- Recognize and identify the main conditions related to nutrition
- Apply the basic principles of human nutrition in the treatment of different chronic diseases.

CONTENT

1. Theory contents

BLOCK I: BASIC PRINCIPLES IN NUTRITION

LESSON 0: Reviewing the biochemical basis of nutrition.

LESSON 1: Basic terms and concepts in nutrition.

LESSON 2: Energy metabolism. Calculation of energy needs and their relationship with body composition. Estimation formulas.



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LESSON 3: Water. Structure and properties. Functions. Daily water requirements. Recommendations on water consumption. Water and public health.

LESSON 4: Carbohydrates. Metabolism, food sources, functions and nutritional requirements.

LESSON 5: Proteins. Metabolism, food sources, functions and nutritional requirements.

LESSON 6: Lipids. Metabolism, food sources, functions and nutritional requirements.

LESSON 7: Dietary fibre. Metabolism, food sources, functions and requirements.

LESSON 8: Vitamins. Food sources, functions, requirements.

LESSON 9: Minerals. Food sources, functions, requirements.

LESSON 10: Alcohol. Absorption, metabolism and alcohol-related pathologies.

LESSON 11: Functional foods.

BLOCK II: NUTRITION AS A SOURCE OF HEALTH. BALANCED DIET ADAPTED TO THE DIFFERENT NEEDS ACCORDING TO THE STAGE OF LIFE

LESSON 12: Concept and characteristics of a healthy diet. Somatotype. Principles and techniques for following a healthy diet. The Mediterranean lifestyle and the Mediterranean Diet. The Atlantic diet.

LESSON 13: Healthy diet during pregnancy, breastfeeding and menopause.

LESSON 14: Healthy diet for non-breastfeeding children and adolescents.

LESSON 15: Healthy diet for the elderly.

LESSON 16: Feeding and physical activity.

LESSON 17: Community nutrition. Basic concepts, functions and ways of working.

BLOCK III: DIET THERAPY

LESSON 18: Diet therapy. Concept and importance of diet in the treatment of disease. Disease-related malnutrition. Types of diets.

LESSON 19: Diets with energy modification. Dieto-therapeutic treatment of obesity and eating disorders.

LESSON 20: Dietotherapy for diabetes management. Nutritional approaches.

LESSON 21: Dietotherapy for cardiovascular diseases management. DASH diet. Truths and myths about cholesterol.

LESSON 22: Dietary therapy with protein modification. Diets in kidney disease and liver disease. Coeliac disease.

LESSON 23: Basis of Artificial Nutrition. Enteral nutrition. Characteristics and indications. Parenteral nutrition. Characteristics and indications.

2. Practical contents

1. Assessment and diagnosis of nutritional status
2. Assessment of the eating pattern. Techniques and resources
3. Digital resources for measuring nutrients and developing healthy menus
4. Fad Diets
5. Food labelling
6. Critical thinking in the nutrition information
7. Portfolio presentation and evaluation

SUSTAINABLE DEVELOPMENT GOALS RELATED TO THE CONTENT

Zero hunger

Good health and well-being

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METHODOLOGY

General clarifications on the methodology (optional)

The theoretical and practical programme will be taught throughout the four-month period, using the following teaching techniques:

Lectures on the topics included in the program, with comments, clarifications and final discussion.

Guided academic activities, which will be carried out to deepen those topics of particular interest in the formation of the student.

Activities of information gathering and analysis, in groups, of different aspects of nutrition related to the contents of the subject.

Sharing of results and discussion on them.

Personal work, collection and analysis of information, and results presentation.

Seminars or workshops in which aspects related to the evaluation of the nutritional state and the dietetic habits, with the elaboration of diets, with the study of nutritional myths, the critical thought and the nutritional education of the population will be developed.

If a health alarm situation is generated that blocks the development of teaching in the face-to-face modality, the coordinators of the affected courses will be required to prepare an addendum to the academic guide according to the model established. This addendum must be approved by the "Consejo de Departamento" and published on the degree's website and the course's Moodle platform. This adaptation will be made following the agreement of the Extraordinary Governing Council of 14 March 2020.

Methodological adaptations for part-time students and students with disabilities and special educational needs

Methodological adaptations for part-time students and students with educational needs will be defined individually after a tutoring session.

Face-to-face activities

Activity	Large group	Medium group	Total
<i>Assessment activities</i>	3	-	3
<i>Debates</i>	1	-	1
<i>Lectures</i>	31	-	31
<i>Workshop</i>	-	14	14
Total hours:	35	14	49

Off-site activities

Activity	Total
<i>Activities</i>	6
<i>Exercises</i>	15
<i>Group work</i>	30
<i>Information search</i>	5

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Activity	Total
Reference search	5
Self-study	40
Total hours	101

WORK MATERIALS FOR STUDENTS

Case studies
Exercises and activities
Oral presentations
Placement booklet

Clarifications

Study of the references, audiovisual material and papers provided through the moodle platform.

EVALUATION

Intended learning	Case study/clinical case discussion/scientific work discussion	Exams	Portfolios
CB1	X	X	X
CB2	X	X	X
CB3	X		X
CB4	X		X
CB5		X	
CEM5	X	X	X
CET14		X	
CET5		X	
CET6	X	X	
CET9	X	X	
CU2	X	X	X
Total (100%)	10%	70%	20%
Minimum grade	4	4.5	4

(*)Minimum mark (out of 10) needed for the assessment tool to be weighted in the course final mark. In any case, final mark must be 5,0 or higher to pass the course.

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Method of assessment of attendance:

Attendance is compulsory only to the workshops and will be controlled by class rosters. Missing more than one (more than 15% of the total number of hours), will result in failure in the first call (mark of 4) and the need to perform a work whose characteristics will be explained in the moodle platform of the course. In case of a single absence, 15% of the final mark of the portfolio/practical exercises will be subtracted.

General clarifications on instruments for evaluation:

The marks of the class works, cases or practical cases presented in the workshops, are kept until the second ordinary call.

The oral test will take place during the presentation of the results of the portfolio with specific questions to particular members of each group.

All the exams in all the calls will be multiple choice exams. The calculation of the mark will be done using the formula: "Hits - (Errors/n-1)", where "n" represents the number of answer options.

A score of 4.5 in the multiple-choice test and in the practice reports is required to calculate the weighted average score.

If the minimum mark is not reached on each evaluation instrument used, the final mark will be 4 (FAILED).

Attendance is compulsory only to the workshops and will be controlled by class lists. Failure to attend more than one workshop (more than 15% of the total workshops hours), will result in a FAIL in the first call (with a score of 4) and the completion of a work whose characteristics will be explained in the moodle platform of the course.

Clarifications on the methodology for part-time students and students with disabilities and special educational needs:

The assessment of part-time students and students with special educational needs will be based on the same criteria as for full-time students, but without regard to attendance at workshops. The characteristics of the tasks to be submitted will be defined individually after a tutoring session.

Clarifications on the evaluation of the first extraordinary call and extra-ordinary call for completion studies:

For the first extraordinary call and the extraordinary call for completion of studies, the final grade will correspond only to the grade obtained in the exam designed for this purpose. The exam will consist of multiple-choice and/or short questions, as the professor in charge deems appropriate.

Qualifying criteria for obtaining honors:

Pass with Honors will be assigned among the students who, fulfilling all the requirements specified in article 30.3 of the Regulation of Academic Regime of the UCO, have obtained the highest numerical mark.

BIBLIOGRAPHY

1. Basic Bibliography

All updated and topic-specific papers on the moodle platform

In addition:

Vázquez García M. Fitness revolucionario. Lecciones ancestrales para una salud salvaje. Segunda Edición. Oberón, 2019

Gil Hernández, A. et al. Tratado de nutrición. Tercera Edición. Panamericana, 2017.

Salas-Salvadó, J. Nutrición y dietética clínica. Tercera Edición. Elsevier Masson, 2014.

Rodota L., Castro MA. Nutrición Clínica y Dietoterapia. Panamericana, 2012.

De Luis Román, D. et al. Dietoterapia, nutrición clínica y metabolismo. Díaz de Santos, 2010

Vidal García, E. Manual práctico de nutrición y dietoterapia. Monsa-Prayma, 2009.

Mataix Verdú J. Nutrición y alimentación humana. 2ª Edición. Ergon. Madrid, 2009.

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Cervera, et al. Alimentación y Dietoterapia. 4ª Edición. McGraw-Hill Interamericana, 2004.
 Martín Salinas, C. et al. Nutrición y Dietética. DAE (Grupo Paradigma), 2000
 Alimentación y nutrición. Manual teórico práctico. Díaz de Santos, 2005.
 Bellido Guerrero, D. et al. Manual de nutrición y metabolismo. Díaz de Santos, 2006.
 Brown, J. Nutrición en las diferentes etapas de la vida. 2ª Edición. Mc Graw-Hill, 2006

2. Further reading

OPEN ACCESS JOURNALS:

Nutrición hospitalaria: <http://www.nutricionhospitalaria.org>
 Nutrición clínica y Dietética Hospitalaria: <http://revista.nutricion.org/>

BLOGS DE NUTRICIÓN:

<https://www.fitnessrevolucionario.com>
www.midieta.cojea.com
<http://juanrevenga.com>
www.danzadefogones.com
www.dimequecomes.com
www.scientiablog.com
www.fitfoodmarket.es
www.juliobasulto.com
 El otro lado del plato
www.elcomidista.elpais.com

COORDINATION CRITERIA

Joint activities: lectures, seminars, visits ...
 Tasks deadlines
 Tasks performance

SCHEDULE

Period	Assessment activities	Debates	Lectures	Workshop
1# Fortnight	0,0	0,0	8,0	0,0
2# Fortnight	0,0	0,0	8,0	0,0
3# Fortnight	0,0	0,0	8,0	0,0
4# Fortnight	0,0	0,0	7,0	3,0
5# Fortnight	0,0	0,0	0,0	3,0
6# Fortnight	0,0	0,0	0,0	3,0
7# Fortnight	0,0	1,0	0,0	3,0
8# Fortnight	3,0	0,0	0,0	2,0

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Period	Assessment activities	Debates	Lectures	Workshop
Total hours:	3,0	1,0	31,0	14,0

The methodological strategies and the evaluation system contemplated in this Course Description will be adapted according to the needs presented by students with disabilities and special educational needs in the cases that are required.

CONTINGENCY PLAN: CASE SCENARIO A

Case scenario A will correspond to a diminished on-site academic activity due to social distancing measures affecting the permitted capacity of classrooms.

METHODOLOGY

General clarifications on the methodology on case scenario A

A multimodal (hybrid) teaching system will be adopted, combining both on-site and remote classes via videoconference (synchronous) that will be held in the timetable approved by the corresponding Faculty or School. The time distribution of teaching activities (both on-site and remote) will be decided by the aforementioned Faculties and Schools bearing in mind the permitted capacity of classrooms and social distancing measures as established at that time.

The theoretical and practical programme will be taught throughout the four-month period, using the following teaching techniques:

Lectures on the topics included in the program, with comments, clarifications and final discussion.

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If a health alarm situation is generated that blocks the development of teaching in the face-to-face modality, the coordinators of the affected courses will be required to prepare an addendum to the academic guide according to the model established. This addendum must be approved by the "Consejo de Departamento" and published on the degree's website and the course's Moodle platform. This adaptation will be made following the agreement of the Extraordinary Governing Council of 14 March 2020.

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EVALUATION

Intended learning	Case study/clinical case discussion/scientific work discussion	Exams	Portfolios
CB1	X	X	X
CB2	X	X	X
CB3	X		X
CB4	X		X
CB5		X	
CEM5	X	X	X
CET14		X	
CET5		X	
CET6	X	X	
CET9	X	X	X
CU2	X		X
Total (100%)	20%	50%	30%
Minimum grade	4	4	4

(*)Minimum mark (out of 10) needed for the assessment tool to be weighted in the course final mark. In any case, final mark must be 5,0 or higher to pass the course.

Method of assessment of attendance (Scenario A):

Attendance is compulsory only to the workshops and will be controlled by class rosters. Missing more than one (more than 15% of the total number of hours), will result in failure in the first call (mark of 4) and the need to perform a work whose characteristics will be explained in the moodle platform of the course. In case of a single absence, 15% of the final mark of the portfolio/practical exercises will be subtracted.

General clarifications on instruments for evaluation (Scenario A):

The marks of the class works, cases or practical cases presented in the workshops, are kept until the second ordinary call.

The oral test will take place during the presentation of the results of the portfolio with specific questions to particular members of each group.

All the exams in all the calls will be multiple choice exams. The calculation of the mark will be done using the formula: "Hits - (Errors/n-1)", where "n" represents the number of answer options.

A score of 4.5 in the multiple-choice test and in the practice reports is required to calculate the weighted average score.

If the minimum mark is not reached on each evaluation instrument used, the final mark will be 4 (FAILED).

Attendance is compulsory only to the workshops and will be controlled by class lists. Failure to attend more than one workshop (more than 15% of the total workshops hours), will result in a FAIL in the first call (with a score of

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4) and the completion of a work whose characteristics will be explained in the moodle platform of the course.

Clarifications on the methodology for part-time students and students with disabilities and special educational needs (Scenario A):

The assessment of part-time students and students with special educational needs will be based on the same criteria as for full-time students, but without regard to attendance at workshops. The characteristics of the tasks to be submitted will be defined individually after a tutoring session.

CONTINGENCY PLAN: CASE SCENARIO B

Case scenario B will bring about a suspension of all on-site academic activities as a consequence of health measures.

METHODOLOGY

General clarifications on the methodology on case scenario B

On-site teaching activities will be held via videoconference (synchronous) in the timetable approved by the corresponding Faculty or School. Alternative activities will be proposed for reduced groups in order to guarantee the acquisition of course competences.

The theoretical and practical programme will be taught throughout the four-month period, using the following teaching techniques:

Lectures on the topics included in the program, with comments, clarifications and final discussion.

Guided academic activities, which will be carried out to deepen those topics of particular interest in the formation of the student.

Activities of information gathering and analysis, in groups, of different aspects of nutrition related to the contents of the subject.

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Intended learnig	Case study/clinical case discussion/scientific work discussion	Exams	Portfolios
CB1	X	X	X
CB2	X	X	X
CB3	X		X
CB4	X		X
CB5		X	
CEM5	X	X	X
CET14		X	
CET5		X	
CET6	X	X	
CET9	X	X	
CU2	X		X
Total (100%)	20%	50%	30%
Minimum grade	4	4	4

(*)Minimum mark (out of 10) needed for the assessment tool to be weighted in the course final mark. In any case, final mark must be 5,0 or higher to pass the course.

Moodle Tools	Case study/clinical case discussion/scientific work discussion	Exams	Portfolios
Questionnaire		X	
Task	X		X
Videoconference	X		X

Method of assessment of attendance (Scenario B):

Attendance is compulsory only to the workshops and will be controlled by class rosters. Missing more than one (more than 15% of the total number of hours), will result in failure in the first call (mark of 4) and the need to perform a work whose characteristics will be explained in the moodle platform of the course. In case of a single absence, 15% of the final mark of the portfolio/practical exercises will be subtracted.

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General clarifications on instruments for evaluation (Scenario B):

The marks of the class works, cases or practical cases presented in the workshops, are kept until the second ordinary call.

The oral test will take place during the presentation of the results of the portfolio with specific questions to particular members of each group.

All the exams in all the calls will be multiple choice exams. The calculation of the mark will be done using the formula: "Hits - (Errors/n-1)", where "n" represents the number of answer options.

A score of 4.5 in the multiple-choice test and in the practice reports is required to calculate the weighted average score.

If the minimum mark is not reached on each evaluation instrument used, the final mark will be 4 (FAILED).

Attendance is compulsory only to the workshops and will be controlled by class lists. Failure to attend more than one workshop (more than 15% of the total workshops hours), will result in a FAIL in the first call (with a score of 4) and the completion of a work whose characteristics will be explained in the moodle platform of the course.

Clarifications on the methodology for part-time students and students with disabilities and special educational needs (Scenario B):

The assessment of part-time students and students with special educational needs will be based on the same criteria as for full-time students, but without regard to attendance at workshops. The characteristics of the tasks to be submitted will be defined individually after a tutoring session.